Schedule for March 2019:

Day1 :

Sprinting 2 courts duration : 5 min

Ready, Toss stance, Hit (Group and leader) duration: 45 min

Balloon Tap duration: 10 min

Day2 :

Sprint, sacche , butt kick duration : 5 min

Backhand to forehand grip change and lift shot (16 shuttles) duration: 50 min

Day3 :

6 corner random movement duration : 5 min

Only toss, fast pace (20 shuttles) duration: 45 min

Mirror Chase duration: 10 min

Day4 :

Butt kick and sprint duration : 5 min

Forehand Action and backhand lift (12 shuttles) duration: 50 min

Day5 :

Jumping and moving forward duration : 5 min

Overhead action and forehand lift (12 shutlles) duration: 45 min

Grip Change with Balloon tap duration: 10 min

Day6 :

Throwing the shuttle and pickup duration : 5 min

Hitting with change of grip (Players throwing) duration: 50 min

Day7 :

Throwing the shuttle and pickup duration : 5 min

Dribble shots fh and bkhd (20 shuttles) duration: 45 min

Shuttle Run Team game duration: 10 min

Day8 :

Relay duration : 5 min

Parallel Play with Coach (Teaching to keep racket up) duration: 50 min

Schedule for April 2019:

Day1 :

Rain tap and 6 corners duration : 5 min

Sacche and hit on forehand front and backhand front (Out by out ) duration: 45 min

Throwing Game duration: 10 min

Day2 :

High knees and sprint duration : 5 min

Net shot and Lift rally : Advance duration: 50 min

Day3 :

Sacche and jump duration : 5 min

3 split and lift bkhand and forehand (16 shuttles) duration: 45 min

Keep your court free duration: 10 min

Day4 :

Happy feet (Rain Tap and sprint) duration : 5 min

Defence action and dribble (16 shuttles) duration: 50 min

Day5 :

Sacche split step and sprint duration : 5 min

Scissor Jump practise and hit (20 shuttles fast pace) duration: 45 min

Agility Ladder(Jump over boxes, Running, Out and in, One leg jump, Side jumps with both legs together) duration: 10 min

Day6 :

Bear crawl duration : 5 min

Scissor Jump with movement (bkhand dribble to overhead movement) (20 shuttles) duration: 50 min

Day7 :

5 Rounds around the court duration : 5 min

Full court movement in order (overhead, fh lift , forehand back, bkhnd lift , fh def, bk def , fh tap, bkhand tap)(20 shut) duration: 45 min

Throw on target duration: 10 min

Day8 :

Sacche blow whistle and sprint duration : 5 min

Smash shot (Near the net practise) (20 shuttles) duration: 50 min

Schedule for May 2019:

Day1 :

Lunge step duration : 5 min

Defence Practise (16 shuttles , bkhand and forehand) duration: 45 min

Tag Game duration: 10 min

Day2 :

Front , side , back and sprint duration : 5 min

Shadows (6 corners) duration: 50 min

Day3 :

Shuttle Run Team game duration : 5 min

Shuttle picking (6 corners) duration: 45 min

Mirror chase and throw duration: 10 min

Day4 :

Balance the racket duration : 5 min

6 corner in order (20 shuttles) (Long and short) duration: 50 min

Day5 :

Agility duration : 5 min

4 corner in order (20 shuttles) (Long and short) duration: 45 min

Mobility Exercises duration: 10 min

Day6 :

Scissor Jump Exercise duration : 5 min

2 corners - forehand lift & forehand toss, backhand lift & overhead toss (20 shuttles) duration: 50 min

Day7 :

Split step exercise duration : 5 min

Flat play (2 players in each half court) duration: 45 min

Burpees duration: 10 min

Day8 :

One leg hop duration : 5 min

Toss with each other (2 players in each half court) duration: 50 min

Schedule for June 2019:

Day1 :

Line touches with running duration : 5 min

Merry Go round (3 players in each half court) duration: 45 min

Calf Touching duration: 10 min

Day2 :

Line touches with sacche duration : 5 min

Overhead Drop shot (Players Throw) (One shuttle) duration: 50 min

Day3 :

Skiing duration : 5 min

Forehand Drop shot (Players Throw) (One shuttle) duration: 45 min

Throwing Game with scissor jump duration: 10 min

Day4 :

Diagonal court movement 4 corners duration : 5 min

Service (16 shuttles each, player on other side receives) duration: 50 min

Day5 :

Straight court movemet 4 corners duration : 5 min

Wall Practise duration: 45 min

Statues duration: 10 min

Day6 :

Duck Walk duration : 5 min

Serve Hit and Catch on the Wall duration: 50 min

Day7 :

Carioca duration : 5 min

Forehand toss , forehand tap , Overhead toss, overhead tap (2 vs 1 with coach) (16 shutlles) duration: 45 min

Skipping Rope duration: 10 min

Day8 :

Touching the Floor duration : 5 min

Overhead toss and forhand keep duration: 50 min

Schedule for July 2019:

Day1 :

Side to side sacche and jump duration : 5 min

Forehand toss and backhand keep duration: 45 min

Dice Run Game duration: 10 min

Day2 :

High knees duration : 5 min

2 Overhead toss and forehand lift (20 shuttles) , same on other side duration: 50 min

Day3 :

Jumping Jacks duration : 5 min

Hit toss and push the shuttle in front (12 shuttles front) duration: 45 min

Golf Game (Only if Forehand serve is practised thoroghly) duration: 10 min

Day4 :

Plank duration : 5 min

Side to side hitting (20 shuttles) duration: 50 min

Day5 :

High Plank duration : 5 min

Forehand action , bkhand action and forehand smash duration: 45 min

Balance and Throw duration: 10 min

Day6 :

Cone side to side duration : 5 min

Backhand action, forehand action and overhead smash duration: 50 min

Day7 :

Zig Zag duration : 5 min

Service practise 2 (Split after serve) duration: 45 min

Rounder Game duration: 10 min

Day8 :

Dynamic Warmup with music duration : 5 min

Rules of Badminton Game duration: 50 min